

MONTES AND PONTEVEDRA

A WORLD OF RICHNESS IN THE COUNTRYSIDE

We recommend you a custom-made tour to enjoy unforgettable days in As Rías Baixas.

The most important museums, the natural and cultural attractions of the main towns and the cuisine that should not be missed.

Day 1:

CERDEDO-COTOBADE AND FORCAREI



1 Festa do Petote de Carballedo (Cerdedo-Cotobade)

This food festival promotes the culture and tradition of the *petote*, which is part of the cocido and consists of a boiled wheat and corn flour bread roll that is served cut into slices.



2 Casa da Gaita

It is a remarkable museum of traditional Galician music, in the village of Viascón, specialised in the bagpipe (gaita). It also exhibits other traditional musical instruments and old photographs. The Casa da Gaita introduces us to the life of Ricardo Portela, which was one of the most renowned bagpipers in Galicia.

By appointment only



3 Eirado de Pedre (Cerdedo-Cotobade)

It is one of the most renowned groups of *hórreos* (typical granary houses) in Galicia, called Eira Grande, which consists of 12 *hórreos* arranged around a big square near the Eira do Pallal, where peasants used to thresh the rye and husk the corn. The *hórreos*, built in stone and wood, and provided with pitched roofs, have been restored.



4 Oak grove of San Xusto (Cerdedo-Cotobade)

It is a wood with centuries-old oaks, chestnut trees and leafy ferns, vines and mosses. A shrine devoted to San Xusto, where a pilgrimage is held every August, has been preserved. From there, you can access the thermal baths of San Xusto, with sulphur-fluoride waters.



5 Eirado da Filgueira (Cerdedo-Cotobade)

It consists of 21 *hórreos* arranged around a *cruceiro* (stone cross) and the shrine of the Virgin of Os Remedios, in the middle of lands and countryside houses.



7 Festa da Richada e da Croca en Forcarei

This festival offering traditional local meat stew takes place on the first weekend in December. It can be tasted in the restaurants París, Victoria and in the bar Gran Sol.



8 Centro Etnográfico de Terra de Montes (CETMO)

This ethnographic centre, located in an old traditional house, reveals how rural life was in the region between the end of the 19th century and the 1970s: livestock farming, agriculture and trades, housing, food, childhood, traditional women's or men's tasks, and the phenomenon of rural exodus and emigration.

By appointment only

Temporarily closed for works



9 Neveiras de Fixó (Forcarei)

Ice-storage walls located 800 metres above sea level, which date from the 17th century, and were linked to the monastery of Aciveiro. They consist of two large-capacity waterholes to store ice that was used to preserve food. The house of the *neveiro*, the person responsible for the ice production, has been preserved. There is a trail from the *neveiras* to the village of Grovas.



10 O Candán Hill (Forcarei, Lalín and Silleda)

It is more than 1,000 metres high. It has large open-air areas and wide meadows, brushwood, and vast oak groves. There is a signposted trail, and at the top there is a viewpoint with panoramic views of the town of Silleda.



11 Monastery of Santa María de Aciveiro (Forcarei)

Located near the source of the Lérez River, it was founded by a community of twelve monks in 1135, but soon they were more than 100. The church is a good example of the Galician Romanesque although the original façade was rebuilt in the 18th century. One of the activities carried out by the monks was the trade of ice produced in the *neveiras* (ice-storage walls) built in O Candán Hill. The association of the friends of the monastery has a Facebook profile including information about activities, guided tours, exhibitions...



Day 2:

FORCAREI



12 Trail of the bridges of the Lézé River (Forcarei)

This 15-kilometre trail follows the course of the Lézé River, and boasts no less than 40 bridges and a group of 12 abandoned mills. The most remarkable bridges are A Ponte Vella de Andón, A Ponte do Crego, A Carballa, Maril and Gomial.



Observatorio Astronómico de Forcarei

The Fundación Ceo, Ciencia e Cultura (FC3) is a foundation in charge of managing the astronomical observatory, aimed at scientific, educational and dissemination purposes.



Small village of Grovas (Forcarei)

It is located at the O Candán Hill, and near the canyon of the Grovas River. It consists of traditional houses that were part of a tin mining small village where oak charcoal was sold. It was abandoned in 1969.



Umia River (Forcarei)

Its origin is in the parish of Aciveiro (Forcarei). This river is filled with stories of muleteers that followed the riverpaths. In the town of Moraña it is a fast-flowing river, but it flows slowly as it passes through Ribadumia, a town with plenty of Albariño vineyards. Finally, it flows into the coastal inlet Ría de Arousa, creating the protected space of the Bodeira Lagoon and the wetlands of O Vao and Punta Carreirón.



Ulla River (Forcarei)

This 132-kilometre-long river is the third longest in Galicia. It has a high landscape value: alder trees, willows, birch trees, oaks, laurels and some chestnut trees are planted along its banks. It flows slowly, –with some stretches of rapids– until it reaches the magnificent coastal inlet Ría de Arousa.



6 Rapa das Bestas in Sabucedo (A Estrada)

The village of Sabucedo hosts one of the most peculiar traditions in Galicia, which shows the symbolic strength of the horse. This festival is celebrated in July and consists of bringing the herd of horses that live wild at

the Montouto Hill, and grouping them in a big fence. There, the *aloitadores* and *aloitadoras* overpower the beasts in order to cut their manes.



13 Museo do Pobo Estradense Manuel Reimóndez-Portela

This museum, located in the former municipal slaughterhouse and dating from 1924, shows the traditional life of the local people from A Estrada. It exhibits objects used in the old farming activities, traditional trades and everyday life. The replica of a classroom of an early 20th-century school and a display of traditional toys show how childhood used to be in rural areas.

By appointment only

Temporarily closed for works, you can visit the Museum at www.museo.aestrada.com



14 Feira da Sidra (A Estrada)

A festival that promotes the organic cider produced in A Estrada and in other neighbouring cider-making areas. This product can be tasted in the following cider houses:

Sidrería Ribela

Trabadela, 12, Santa Mariña de Ribela, A Estrada
[+34 655 112 386](tel:+34655112386)

Sidrería Peroja

Lugar Outeiro, 11, Agar, 36685 A Estrada
[+34 986 588 131](tel:+34986588131) / [+34 669 880 542](tel:+34669880542)

Sidrería Camino

Lugar de Moreira, s/n, 36688 A Estrada
[+34 629 585 711](tel:+34629585711)



15 Festa do Salmón (A Estrada)

A festival of Tourist Interest in Galicia held in May which pays tribute to the salmon. It is prepared both in the traditional way and as part of innovative recipes. Other entertainment and fun activities are also held.



16 Pazo de Oca (A Estrada)

Although the origin of this typical manor house dates back to the 13th century, most of the buildings that have been preserved are in the Baroque style and date from the 18th century. It has a large garden, an orchard, a church devoted to Saint Anthony of Padua and several houses for the day labourers. The proprietors of the *pazo* also owned the wood Fraga da Cerrada, the oak grove of Ouriles and the meadows of Subatán and Badoucos.

The *pazo* is popularly known as the Galician Versailles due to its beautiful gardens.



Brañas de Xestoso, Site of Community Importance (Pontevedra, Forcarei, A Estrada and Silleda)

This SCI zone is located near O Candán Hills, where many of the small rivers that flow into the rivers Ulla and Umia rise. There is a lagoon nearby, Sacra de Olives, a must visit in what is considered the best example of acid bogs in Galicia. This unique and peculiar ecosystem dates from the Neolithic period and has been part of the Natura 2000 network since 2001.